

## **ABSTRACT**

An object of the present invention is to provide a girdle which can improve posture by acting on the muscles around the pelvis, is easy to handle and can be worn with no uncomfortable feeling. An example of the present invention is a girdle (short girdle and long girdle) containing, in an area fitting over a wearer's body, a tightening portion for which the magnitude of a tightening force varies with areas. When the garment is being worn, the tightening fabric portion extends from the vicinity of an upper part of the buttocks cleft, passing the vicinities of upper parts of the right and left buttocks, to the vicinities of the right and left greater trochanters, and the tightening fabric portion may be made of material having a tightening force. Moreover, a body front tightening fabric portion is provided at the front of the garment.